

# EWSC FAQ

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## Q: Why soccer?

A:

It is very good exercise for all who play it. Kids nowadays need ways to get exercise.

The world calls it *The Beautiful Game* for a reason.

Young kids are often unattracted to soccer books, but parents can gain an appreciation for the game by reading about it to understand its intricacies and strategies; then share it with their kids or read soccer books with them. Following are a handful of very good resources:

### **Free Resources**

- *Soccer as a Lifetime Sport* (Sheldon, 2017)
- *2017 Skills School Manual* (Snow, 2017)
- Other resources available at the [CJSA web site](#).

### **Resources for Purchase**

- *Soccer Smarts For Kids* (Latham, 2015)
- *The Complete Book of Coaching Youth Soccer* (Whitehead, 1991).
- *Soccer IQ* (Blank, Soccer IQ, 2012)
- *Soccer IQ vol. 2* (Blank, Soccer IQ vol. 2, 2013)

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- *Happy Feet* (Blank, Happy Feet, 2014)
- *Possession* (Blank, Possession, 2015)
- *High Pressure* (Blank, High Pressure, 2017)

### **Q: How much travel is involved with Travel soccer?**

**A:**

Each team plays about a dozen games in the fall. About half of those games are home games. The road games are played in the [Central District and North Central District](#). Some towns are close by such as Suffield, Windsor Locks, Windsor, East Granby, South Windsor, and Enfield. Some are farther away such as Hartford, West Hartford, Wethersfield, Rocky Hill, Cromwell, Bristol, and East Hampton. Probably only two or three games will require travel to one of the more distant towns. We look for matchups with towns that have teams of comparable rank to our teams.

### **Benefits of Traveling**

Parents and kids find it interesting to visit other towns; meet other parents, coaches, and players; see other sights, etc.

### **Q: How competitive is competitive Travel soccer?**

**A:**

Kids generally play as energetically as they can whether they are playing REC or Travel. Strong Travel teams (U11 and up) can strive to enter the CT Cup and try to win a statewide championship. Travel teams U10 and lower are developmental.

### **Q: What is the difference between technique and skill?**

**A:**

Technique is the right way to do something. Skill is a measure of how well a player performs a technique.

Examples of techniques are: passing, receiving, shooting, kicking, and dribbling with either foot. Shielding and defending.

### **Q: Who will coach my child?**

**A:**

Sometimes it will be the same coach as last season and sometimes it will be a new coach. It is common to see some coaches retire from EWSC after their kids have finished playing through U14. Likewise, new coaches volunteer

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when their kids enter the program. Most coaches stick with the program while their kids are involved with it.

### **Q: What qualifications do the coaches have to coach soccer?**

**A:**

Some of our volunteer coaches have taken courses and received certifications. Others have playing experience, and some are familiar enough with soccer to follow recommended [U.S. Youth Soccer coaching best practices and suggested lesson plans](#).

Parents and players make a difference too. A coach has a finite amount of time to spend with his/her players and there is only so much he/she can teach during that time. Players (with parental encouragement) can give themselves a huge boost by watching training videos on the Internet and by studying the materials listed above under [Q: Why soccer?](#) Kids go to school to study many subjects. If they want to be soccer players, they should treat soccer like another subject and they should study it. Watch how it is done. Study how to [think like a soccer player](#). Then go out and entertain the fans with your skills.

### **Q: Does my child need to be coached by an experienced soccer player?**

**A:**

Preferably yes but it is not necessary in the pre-high school age groups. Kids develop their skills by playing soccer as much as possible. Coaches teach techniques and how to think like soccer players, but the players are the ones who need to practice and develop their muscle memory.

### **Q: What is the purpose of pre-high school youth soccer?**

**A:**

To transform techniques into developed skills so boys and girls will be comfortable and confident enough to try out for high school soccer teams.

To let the players and their families learn and enjoy the sport of soccer so they can be soccer enthusiasts for life.

### **Q: Is winning games important?**

**A:**

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It is more fun than losing but the adage "It's not whether you win or lose, it's how you play the game" is true for youth soccer. If each player does his/her best, then that is all we can ask for. The emphasis is on learning the game and good sportsmanship.

Generally speaking, in the long run, the team that takes the most shots at the goal will score the most goals. The way to get more shots during a given time interval is to maintain possession of the ball for more time than the opponent (Blank, 2015). The way to maintain possession is with quick accurate passing and clean receiving. The way to get good at passing and receiving is to **play and practice a lot** of soccer, learn to scan the field and plan what your next move will be, know what you are going to do **before** your opponent challenges you for the ball, and utilize your teammates. Soccer is a passing game and a team sport. Utilize the whole field. Pass the ball to your teammates and keep it away from your opponents and you will conserve your energy while forcing your opponents to expend more of theirs.

If our players do the above things as well or better than their opponents do, they we have good chance to win games.

What matters most in pre-high school soccer is to play as much soccer as possible so that techniques can be developed into skills. Youth soccer is a developmental learning process that prepares players to play competitively in high school and beyond.

Play in the fall. Play Futsal in the winter. Play in the spring. Keep touching the ball and improving.

The key is for kids to have fun while they are learning without realizing how much they are learning so they will stick with it until they are mature enough to appreciate what they have learned.

### **Q. What happens at Travel tryouts?**

**A:**

Each player is asked to perform a few basic exercises that EWSC evaluators use to gauge player skill: such as running speed, dribbling speed, passing, receiving, and shooting. The information collected helps EWSC decide which players should be on each team.

You will be informed by a director or coach about which team your child is assigned to.

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## **Q: What does *U* level mean?**

**A:**

U stands for *under*. The age of every player on the team must be *under* the *U* level.

The U.S. Youth Soccer seasonal year starts on September 1 and ends on August 31 of the following year.

Subtract your child's birth year from the year that the seasonal year ends to determine his/her age bracket for that seasonal year.

Example: A player born in 2014 falls into the U10 age bracket during the 2023 – 2024 seasonal year because  $2024 - 2014 = 10$ .

This player is eligible to play on a U10 team or higher but is ineligible to play on a U9 team or lower.

Age bracket information can be found on the [U.S. Youth Soccer web site](#).

## **More about youth soccer in Connecticut**

You can explore the [CJSA website](#) where you will find the Guidebook, coaching resources, and much more.

## **References**

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